
Sull-E Newsletter



A message from Kathy Smith



Happy Holidays from all of us at the Sully District Office! Best wishes to you and your family this holiday season.

My office will be closed in honor of the Christmas Eve and Christmas Day holidays on Friday, December 22 and Monday, December 25. The office will reopen at 8:00 a.m. on Tuesday, December 26.

In this week's newsletter you will find information about upcoming events at Chantilly Regional Library, a concert at Sully Historic Site, snow shoveling tips, and more.

Sincerely,

Kathy

Upcoming Events at Chantilly Regional Library



Movie Showing: Harry Potter Movie Marathon

Wednesday, December 27

[Harry Potter and the Sorcerer's Stone](#): 10:30 a.m. to 12:45 p.m.

[Harry Potter and the Chamber of Secrets](#): 1:00 to 3:15 p.m.

[Harry Potter and the Prisoner of Azkaban](#): 3:30 to 5:45 p.m.

[Harry Potter and the Goblet of Fire](#): 6:00 to 8:45 p.m.

Chantilly Meeting Room

Bring your favorite snacks and join us for a special showing of the first four Harry Potter films. Grades 7-12.

English Conversation Group

Thursday, December 28

7:00 to 8:00 p.m.

Chantilly Conference Room

Practice your English with other students. Age: Adults.

Sugar Cookie Showdown

Friday, December 29

4:00 to 5:00 p.m.

Chantilly Meeting Room

Come show off your cookie decorating skills! Cookies and decorating supplies provided. Grades 7-12.

Noon Year's Eve

Saturday, December 30

11:30 a.m. to 1:00 p.m.

Chantilly Meeting Room

Ring in the "Noon" year with the library! There will be family-friendly games, activities, and of course a countdown to noon. All ages.

The Chantilly Regional Library is located at **4000 Stringfellow Road, Chantilly, VA 20151**. For more information, visit [Chantilly Regional Library](#) or call 703-502-3883.


Holiday Concert at the Sully Historic Site



On **Friday, December 29**, IONA, one of the top rated pan-Celtic groups in the world, will treat its audience at Sully Historic Site to high-energy entertainment featuring Scottish fiddling, percussion and vocals. An optional house tour is included after the concert. Enjoy refreshments in the 18th century kitchen. Limited seating for the shows **at 1:00 and 2:00 p.m.** Cost \$15.00. [Register online](#).

The Sully Historic Site is located at **3650 Historic Sully Way, Chantilly, VA 20151**. For more information, please call 703-437-1794.

5 Tips: Take Care of Your Mental Health This Holiday Season



How are you feeling?

The holidays can be a joyous, festive time, but for some they can bring added stress and loneliness. The [Fairfax-Falls Church Community Services Board](#) (CSB) offers five ways you can take care of your own, as well as family and friends' mental health and well-being through the holiday season and into 2018.

1. Get Help for Yourself or a Loved One

Don't wait. Anyone seeking help for a mental health and/or substance use concern may walk in, without an appointment, to the [CSB's Merrifield Center](#) and speak with a staff member in person.

For more information, contact the CSB at **703-383-8500** (M-F, 9 a.m.-5 p.m.). In an emergency, call CSB Emergency Services at **703-573-5679** (anytime).

2. Sign Up for Mental Health First Aid

Mental Health First Aid teaches participants how to help people who are in mental crisis, or potentially could be, and offers ways to:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other supports

[Register For Mental Health First Aid](#)

3. Take Confidential Online Mental Health Screening

Not feeling like yourself but not sure what's wrong? Take one of our quick, online screenings for mental health issues, substance use disorders, and eating disorders. After the questionnaire, you will see your results, recommendations and resources. Then give us a call if you think you need us; 703-383-8500 (during regular business hours) or anytime at 703-573-5679.

[Take Mental Health Screening](#)

4. Practice Good Self-Care Strategies

- **Share a smile** with strangers – some people go all day without anyone acknowledging them
- **Start a cycle of encouragement** – tell others what you appreciate about them
- **Listen to music** that inspires and motivates you
- **Write a poem** on something you care about, or an article on something you feel is interesting

- **Send a postcard** to someone far away – reconnect

5. Join the Conversation

Keep up to date with issues relating to mental health in our community. Get involved and make your voice heard.

- Sign up to receive the weekly [CSB News](#).
- Attend a [CSB Board meeting](#).
- Follow CSB on [Twitter](#).
- Follow CSB on [Facebook](#).

Snow Shoveling Tips



It takes a whole community to shovel snow and ice from sidewalks because Mother Nature may take her time to melt it — and your state and local governments simply don't have the resources to clear sidewalks across 400 square miles of the county.

While not legally obligated, we need your help to keep sidewalks safe by clearing snow in front of residential or business property so that all pedestrians, especially school children, those with disabilities and the elderly, may walk safely.

Homeowner associations may require members of their communities to clear the private walkways abutting their property. Please contact your association or property manager for further information.

We recommend seven places to consider shoveling:

1. The sidewalk in front of your home
2. The sidewalk in front of vacant homes or homes where residents are unable to shovel
3. Fire hydrants
4. Bus stops (there are more than 4,000 in the county!)
5. Sidewalks/paths that lead to schools or community buildings where snow has been removed
6. Bike trails
7. Storm drains

Coyote Safety Tips & Information



Wildlife officials have experienced an increase in the number of calls reporting coyote sightings in recent weeks across Fairfax County. Coyotes are now established and widespread in Fairfax County so it is important for residents to know and understand a bit more about them in order to safely coexist with these secretive wild neighbors.

Coyotes are medium to large sized members of the canine family, which includes wolves, foxes, and dogs. They have pointed and erect ears, a long, slender snout, and a bushy tail pointed downward. Fur coloration varies from reddish-brown to tan, gray or black with a pale blaze on the chest. The tail usually has a black tip and is held downward while running. Coyotes average 30-40 pounds but can weigh as much as 60 pounds.

Coyotes play an important ecological role as a natural predator that may help to regulate and balance other wildlife prey species that are abundant in Fairfax County. Coyotes are opportunistic foragers with diverse diets that commonly prey on small animals such as rodents and rabbits but will also readily eat reptiles,

amphibians, insects, fruits, plants and carrion. Coyotes may also take larger prey such as turkeys and white-tailed deer (primarily fawns).

Coyotes are seldom encountered but probably live nearby, even if you haven't seen them. Pets left unattended outside may be at risk to coyotes, especially during nighttime and early morning hours. Coyotes may mistake small, unattended pets including cats and small dogs as prey due to their similar size to natural prey. Coyotes are territorial and may view larger dogs as a threat. This behavior may be more pronounced during the mating season (January-March) and when coyotes are caring for their young (March-August). Wildlife officials recommend that residents maintain supervision over pets when outdoors and keep them inside whenever possible to reduce encounters with coyotes and other wildlife.

Most coyote encounters in residential areas stem from attractants in the form of available food or den sites. In urban areas, garbage, compost and pet food may become alternative food sources. Feeding or unintentionally providing food for coyotes is a primary concern by wildlife officials as these actions may result in coyotes becoming less wary of humans or cause them to display bold and aggressive behaviors.

Unprovoked coyote attacks on humans are very rare. In most cases where coyotes have acted aggressively, a coyote is responding to the presence of a dog, is in close proximity of a den with pups, or has become too comfortable around humans, often a result of people feeding them.

Precautions should be taken in areas where coyotes are active to minimize encounters with people and their pets. Preventive practices such as reduction and removal of food attractants, habitat modification and responding appropriately when interacting with wildlife are keys to minimizing the likelihood of conflicts with coyotes.

- Never feed or attempt to “tame” a coyote.
- Place garbage and compost in an animal-proof container, such as a metal trash can with latches on the lid or secure with bungee cords.
- Keep trash inside until the morning of trash pick-up whenever possible.
- Do not feed pets outside or store pet food outside.
- Pick up ripe, fallen fruit and do not let it accumulate on the ground.
- Put away bird feeders at night to avoid attracting small rodents and other coyote prey.
- Trim shrubbery to ground level to remove hiding cover.
- Close up all openings under porches/decks, crawl spaces or out-buildings where animals might establish dens.
- Keep small pets inside and do not leave unattended when outside.
- Keep dogs on short leashes (less than 6 feet) while walking outside.
- Provide secure shelters for poultry, rabbits, and other vulnerable animals.
- Be alert at dusk and dawn. Coyotes are most active at night and early morning hours; however, they may be active during the day in search of food or denning sites.

If a coyote is sighted around your residence, let it know it will not be tolerated. Use hazing techniques to frighten coyotes from the property or exclusion measures to restrict their access in areas where they are unwanted. In some cases, repeat hazing attempts may be necessary to get a coyote to leave an area.

- Do not run from a coyote.
- From a safe position, yell and wave your arms at the coyote.
- Use noisemakers such as whistles, air horns, bells, “shaker” cans full of marbles or pennies, or pots and pans banged together.
- Throw non-edible objects in the direction of the coyote including sticks, small rocks, cans, or tennis balls.
- Spray the coyote with a water hose.
- Install motion sensor lights or a motion-activated sprinkler around your home.

- Install fencing to keep coyotes out of yards. Fencing should be at least 6 feet tall, have an outward slanting overhang or roller-type device to prevent coyotes from climbing or jumping, and have an L-shaped mesh apron buried one to two feet to deter digging. Few fences are completely coyote-proof.

If these techniques do not solve the problem, Virginia regulations allow nuisance coyotes to be removed by a licensed trapper or critter removal service. It is illegal in Virginia to trap and relocate wildlife to another area.

More information on coyotes can be found at:

- <https://www.fairfaxcounty.gov/parks/resource-management/archives/coyotes.htm>
- <https://www.dgif.virginia.gov/wildlife/nuisance/coyotes/>
- Wildlife Biologist Discusses County Coyotes:
https://www.youtube.com/watch?v=4iHZY_YGWWg

If coyotes are behaving aggressively or appear sick or injured, contact the Animal Protection Police through the Fairfax County Police non-emergency number at 703-691-2131.

For additional information on managing wildlife interactions and resolving human-wildlife conflicts, the Virginia Wildlife Conflict Helpline is available toll-free at (855) 571-9003, 8:00AM-4:30PM, Monday through Friday. This helpline is a collaborative effort between the Virginia Department of Game and Inland Fisheries and the U.S. Department of Agriculture – Wildlife Services.

Get a Free Ride Home This Holiday Season

This holiday season, don't drink and drive!
Designate a sober driver or use WRAP's SoberRide[®] now powered by Lyft!



SoberRide[®]

Get a FREE Lyft ride home up to \$15 during this holiday season
Visit www.soberride.com for code

Limited codes available

Valid for up to \$15 off one ride taken in the Washington, D.C. coverage area nightly between 8:00 PM Friday, December 15 and 4:00 AM Monday, January 1, 2018. You must be 21 or older to use this service. Subject to Lyft's Terms of Service. Valid for new and existing Lyft users while supplies last.

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Some restrictions apply. See www.soberride.com for further details or call WRAP at 703.893.0461.

Valid for up to \$15 off one ride taken in the Washington, D.C. coverage area nightly between 8:00 pm Friday, December 15 and 4:00 am Monday, January 1, 2018. While supplies last. You must be 21 or older to use this service. Subject to Lyft's Terms of Service.

SoberRide[®] is a registered trademark of the nonprofit Washington Regional Alcohol Program (WRAP).



Esta temporada de fiestas, no bebas y conduzcas!
Designar un conductor sobrio o utilice el programa de WRAP, SoberRide, ahora impulsado con **lyft**!



SoberRide®

Para obtener un viaje a casa gratis con Lyft (hasta \$15) durante los días feriados

Visite www.soberride.com para el código

Códigos limitados disponibles

Válido hasta un valor de \$15 de descuento en un pasaje tomado en el área metropolitana de Washington, D.C. entre las 8:00 PM y 4:00 AM cada noche del 15 diciembre 2017 al 1 de enero 2018. Usted debe tener 21 años de edad o más para reclamar esta oferta. Sujeto a los Términos de Uso de Lyft. Válido para usuarios nuevos y existentes de Lyft, mientras duren las reservas.

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Se aplican algunas restricciones. Visite www.soberride.com para detalles o llame a WRAP al 703.893.0461.

Válido por hasta \$15 de descuento en (1) pasaje en el área metropolitana de Washington, D.C. entre las 8:00 PM y 4:00 AM cada noche del 15 diciembre 2017 al 1 de enero 2018. Válido para los primeros 1500 pasajeros de Lyft. Usted debe tener 21 años de edad o más para reclamar esta oferta. Sujeto a los Términos de Uso de Lyft.

SoberRide es una marca registrada de la organización sin fines de lucro Washington Regional Alcohol Program (WRAP).



VDOT Transform 66 Outside the Beltway Concession Payment Projects



Transform 66 Outside the Beltway Concession Payment Projects

Public Hearing

Thursday, Jan. 4, 2018

Open house at 6 p.m.; hearing begins at 6:30 p.m.

VDOT Northern Virginia District Office
4975 Alliance Drive
Fairfax, VA 22030

If cancelled for inclement weather, the alternate date will be Friday, Jan. 5, 2018.

The Commonwealth Transportation Board invites you to comment on projects to be funded by a concession fee to the Commonwealth as part of the financial agreement with Express Mobility Partners for the I-66 Express Lanes Outside the Beltway project. At a future meeting, the CTB will vote to amend these projects in the Commonwealth's Six-Year Improvement Program.

Information related to the following projects will be available:

- Rt. 234/Balls Ford Road interchange and relocation in Prince William
- Virginia Railway Express Manassas Line upgrade - Phase I
- Balls Ford Road widening from Groveton Road to Route 234 Business (Sudley Road) in Prince William
- I-66 median widening at Route 29 for WMATA in Fairfax
- Commuter parking garage at Fairfax Corner
- George Synder Trail in Fairfax City
- Widen Jermantown Road bridge to four lanes over I-66 in Fairfax
- Western bus maintenance facility in Prince William
- East Falls Church Metro Bus bay expansion in Arlington
- Monument Drive bridge pedestrian improvements in Fairfax
- Rt. 50/Waples Mill Road intersection improvements in Fairfax
- Construct Poplar Tree Road bridge to four lanes over Route 28 in Fairfax
- Lee Highway pedestrian improvements in Fairfax
- Nutley Street SW multi-use trail to Metro in Vienna

If you cannot attend the hearing, email comments to meetingcomments@vdot.virginia.gov and reference "I-66 Concession Projects" in the subject line, or mail them to Maria Sinner at VDOT's District Office, 4975 Alliance Drive, Fairfax, VA 22030 through Jan. 8, 2018.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 703-259-1775 or TTY/TDD 711.

Worship Watch Workshop



Are you interested in enhancing the security of your faith based institution/ worship center

Do you have security based questions about your congregation?

Would you like to open a line of communication between your faith based community and the police about the safety of your facility?

The Fairfax County Police Department Crime Prevention Unit will be holding a Worship Watch Workshop on **Wednesday, January 3, 2018 from 6:00 to 9:00 p.m. at the Fairfax County Public Safety Headquarters (12099 Government Center Parkway, Fairfax, VA 22035).**

This program is designed to help develop an action plan where staff/members remain alert and aware of their surroundings, report suspicious activity to the Fairfax County Police Department, and create an open dialogue between the faith-based community and the Police Department.

Parking is available at the location. We encourage everyone attending the event to [register](#) to ensure we have adequate seating.

Animal Shelter Corner



Meet Luna!

Age: 11m 22d

Gender: Female

Color: Brown / White

Spayed/Neutered: Yes

Size: Large

Sweet, beautiful Luna is a young pup who is fun, fiesty, and loves to do zoomies around the dog yard whenever she gets the chance. She's been a little shy at the shelter and can get overwhelmed by all of the noise and hubub. But when you get to know her and give her a little time and space to get used to new situations, she's very friendly, playful, and affectionate. She is at the shelter because she was not getting along with the other dogs in the home. Her owners said that she is the best cuddler, loves tennis balls and chew toys, and is housebroken and crate trained. And boy does she look good in plaid! Come see her today! If you would like to meet Luna, or need more information, please email the animal shelter at animalshelter@fairfaxcounty.gov.

Volunteer Opportunity in Sully



[Rock Hill District Park - Dog Park Monitor](#)

Be a part of the community and visit with some furry friends by monitoring local dog parks.

Duties: Monitor dog park for safety and maintenance issues. Remind users of the dog park rules and encourage compliance. Check waste bag dispenser periodically and replenish as needed. People skills a must. Pick up and dispose of pet waste and trash in the dog park. Report any issues to appropriate Park Authority Area Manager.

Qualifications: Mandatory FCPA volunteer training (provided) and Site Orientation with FCPA staff member

Minimum Age to Volunteer: 18

Time Commitment: You will be expected to volunteer 4 hours per month for 3 months.

Location:

15150 Old Lee Road
Chantilly, VA

Hours of Operation: Monday Friday, 7:00 AM to Dusk; Weekends and Federal Holidays. 8:00 AM to Dusk. Volunteer hours are typically 4 hours slots.

Contact:

Jennifer Hines
703-324-8594

jennifer.hines@fairfaxcounty.gov
